

What are date rape drugs?

Date rape drugs are drugs that are sometimes used to assist a person committing sexual assault. Sexual assault is any type of sexual activity that a person does not agree to. It can include inappropriate touching, sexual intercourse, rape, and attempted rape. Because of the effects of these drugs, victims may be physically helpless, unable to refuse sex, and can't remember what happened. There are at least three date rape drugs: GHB (gamma hydroxybutyric acid); Rohypnol (flunitrazepam); Ketamine (ketamine hydrochloride). These drugs often have no color, smell, or taste and are easily added to flavored drinks without the victim's knowledge.

What effects do these drugs have on the body?

The drugs can affect you quickly. The length of time that the effects last varies. It depends on how much of the drug is taken and if the drug is mixed with other substances, like alcohol. Alcohol can worsen the drug's effects and can cause more health problems. GHB, Rohypnol and Ketamine may cause the following problems: drowsiness, dizziness, problems seeing, and unconsciousness (black out), seizures, memory laps, problems breathing, tremors, vomiting, dream-like feeling, coma and death.

What can you do to avoid becoming a victim of date rape drugs?

- ◆ Don't accept open drinks (alcoholic or non-alcoholic) from others who you do not know or do not trust; this includes drinks that come in a glass and can include people you know but do not know well enough to trust.
- ◆ When in bars or clubs always get your drink directly from the bartender and do not take your eyes off the bartender or your order; don't use the waitress or let somebody go to the bar for you.
- ◆ At parties, only accept drinks in close containers: bottles, cans.
- ◆ Never leave your drink unattended or turn your back on your table.
- ◆ Do not drink from open beverage sources like punch bowls, pitchers or tubs.

Keep your eyes and ears open; if there is talk of date rape drugs or if friends seem suddenly "too intoxicated" for the situation, take them and leave the party or club immediately, and call the police!